

FREE GUIDE · TEMIFEEDS · AI CONTENT SYSTEM

1 Post



5 Pieces

Turn One Post Into **Five Pieces** of Content With AI

The exact framework and AI prompts to multiply your content across every platform — without starting from scratch every single day.

◆ Includes: **5 ready-to-use AI prompts** · platform tips · quick workflow

Carousel

Video Script

Email

X Thread

LinkedIn Post

Created by @temifeeds · Build Smarter. Work Freer. Live Better.

BEFORE YOU START

You do not have a content problem. You have a repurposing problem.

Most creators burn out because they believe every platform needs brand new content every single day. That is not true. The same idea hits differently in different formats — and AI lets you make that switch in minutes, not hours.

This guide gives you a simple system and the exact AI prompts to take one post you have already written and turn it into five ready-to-publish pieces of content across five different platforms. You write once. AI does the heavy lifting. You publish everywhere.

By the time you finish reading this, you will have a repeatable workflow that saves you hours every single week.

WHAT YOU GET IN THIS GUIDE

- The Content Multiplier framework explained simply
- 5 specific AI prompts — one for each format — ready to copy and paste
- Platform-specific tips so each piece feels native, not recycled
- A quick 6-step workflow you can follow every time
- The honest truth about why most creators still do this the hard way

THE SYSTEM

The Content Multiplier Method

Write **one strong piece of content** — your best idea, your most useful tip, your strongest opinion. That becomes your **pillar post**. Then you run it through AI using the prompts in this guide. Thirty to sixty minutes later you have five pieces ready to publish.

Same message. Five formats. Five audiences reached. Zero extra ideas needed.

01

Write one pillar post

Your best idea, fully written

02

Run it through 5 AI prompts

Copy, paste, generate

03

Publish across 5 platforms

One idea, five audiences

01

Carousel

Facebook · Instagram · LinkedIn

Carousels get the highest save and share rate of any format on Facebook and Instagram right now. People swipe through, save for later, and share with friends. **The algorithm rewards carousels because they hold attention longer than a single image or text post.** Your pillar post already has all the points — AI just breaks it into slides.

COPY THIS PROMPT INTO CLAUDE OR CHATGPT

I have written a social media post that I want to turn into a carousel. Here is the post:

[PASTE YOUR POST HERE]

Please turn this into a 10-slide carousel using this exact format:

Slide 1 – Cover: A bold hook headline (max 8 words) that makes people want to swipe.

Slides 2 to 9 – One key point per slide. Each slide gets a short bold title and 2 to 3 lines of simple explanation.

Slide 10 – CTA: Tell them to comment *[YOUR KEYWORD]* to get a free guide.

Rules: Keep language simple. No bullet points inside slides. Short punchy lines only. Write like you talk, not like a blog post.

Platform tip: On slide 1 in Canva, use large bold text on a dark background. The first slide is the only one people see in the feed — it decides whether they swipe or scroll past.

02

Short Video Script

TikTok · Instagram Reels · YouTube Shorts · Facebook Reels

Short video is still the fastest way to reach a new audience in 2026. **You do not need a studio or expensive equipment.** You need a good script and your phone. AI writes the script in conversational language so it sounds natural when you read it, not stiff or robotic.

COPY THIS PROMPT INTO CLAUDE OR CHATGPT

Turn this post into a 60-second video script I can record on my phone:

[PASTE YOUR POST HERE]

Format it exactly like this:

HOOK (0 to 5 seconds): One powerful sentence that stops someone mid-scroll. Start with "If you..." or "Most people..." or a surprising statement.

MAIN CONTENT (5 to 50 seconds): 3 to 4 key points from the post. Each point gets 1 to 2 short sentences. Write the way a person actually talks – short sentences, natural pauses, no jargon.

CTA (50 to 60 seconds): One clear instruction. Tell them to comment *[YOUR KEYWORD]* below to get the free guide.

Important: Write it exactly as I will say it out loud. No stage directions. No camera instructions. Just the words.

Platform tip: Record yourself reading the script once, then record it again without reading. The second take always sounds more natural. Use CapCut to add auto-captions — most people watch with the sound off.

03

Email to Your List

Systeme.io · ConvertKit · MailerLite

Your email list is the only audience you own. The algorithm cannot take it away. **Repurposing a post into an email is how you keep your list warm without writing fresh content every week.** The key difference is that emails feel personal — they need a story or personal angle that a social post does not need.

COPY THIS PROMPT INTO CLAUDE OR CHATGPT

Turn this social media post into an email I can send to my subscriber list:

[PASTE YOUR POST HERE]

Structure it like this:

Opening (2 to 3 sentences): A short personal story or moment that connects to the topic of the post. Something that happened to me, something I noticed, or something I was thinking about. Make it feel real and human.

Main value: The core points from the post, rewritten in a conversational email tone. A little more personal and direct than the social post version.

Closing CTA: One soft next step – tell them to reply to this email with their thoughts, or point them to *[YOUR COMMUNITY OR OFFER LINK]*.

Rules: Simple English. Short paragraphs. No em dashes. No jargon. Maximum 200 words total. Sign off as Temidayo from @temifeeds.

Platform tip: The best subject lines for emails are curiosity or personal. "I made this mistake last week" outperforms "5 tips to grow your audience" every time. Ask AI to write 5 subject line options and pick the most human-sounding one.

04

X Thread

X (Twitter)

X rewards punchy, direct content. A thread lets you go deeper than a single tweet while keeping each point sharp and scannable. **Threads get retweeted and bookmarked far more than single posts** — and they build authority fast in any niche. The same ideas from your pillar post work perfectly here, just compressed.

COPY THIS PROMPT INTO CLAUDE OR CHATGPT

Turn this post into a Twitter/X thread with exactly 7 tweets:

[PASTE YOUR POST HERE]

Format:

Tweet 1 – The hook: Make it bold, surprising, or provocative. This is the only tweet most people will see. It must make them want to read the rest.

Tweets 2 to 6 – One key insight per tweet. Each tweet must be under 220 characters. Direct, punchy, no fluff. No filler sentences.

Tweet 7 – CTA: Tell them to follow @temifeeds for more or comment *[YOUR KEYWORD]* to get something free.

Rules: No hashtags except on tweet 7 (max 2). Write like you have an opinion, not like you are teaching a class. Short words. Short sentences.

Platform tip: Post the thread then immediately reply to your own tweet 1 with a single line like "Thread 📌 — save this." That reply bumps your thread back into people's feeds and increases reach significantly.

05

LinkedIn Post

LinkedIn

LinkedIn has the highest-value professional audience of any social platform. **The same idea that gets likes on Facebook can generate consulting leads and course buyers on LinkedIn** — but only if the tone is right. LinkedIn rewards personal stories and professional lessons more than pure information posts.

COPY THIS PROMPT INTO CLAUDE OR CHATGPT

Rewrite this social media post as a LinkedIn post for business owners, creators, and professionals:

[PASTE YOUR POST HERE]

Structure it like this:

Line 1 – Hook: One short punchy line that makes a professional stop scrolling. No greeting. No "I am excited to share." Just the point.

Body: Short paragraphs of 1 to 2 sentences each. Add a professional or business angle to the main idea – connect it to productivity, income, career growth, or building something. Personal lessons work especially well here.

Closing: End with one genuine question that invites comments. Something professionals would actually want to answer.

Rules: Under 200 words. Maximum 3 hashtags at the very end. No buzzwords like "leverage" or "synergy." Sound like a real person, not a corporate post.

Platform tip: On LinkedIn, the first 2 lines are all people see before they click "see more." Make those 2 lines so good that they have to click. AI can write 5 variations of your opening and you pick the strongest one.

YOUR REPEATABLE SYSTEM

The 6-step workflow — do this every time

- 1 **Write your pillar post.** Start with the text post version — the one you would publish on Facebook or Instagram. This is your source material for everything else.
- 2 **Open Claude or ChatGPT.** Start a new chat. Paste your post plus Prompt 1 (carousel). Generate and save the output.
- 3 **Run the remaining 4 prompts** one by one. Each takes 30 seconds to generate. Light editing only — fix anything that does not sound like you.
- 4 **Design the carousel in Canva** using the slide text from Prompt 1. Use your brand colours and fonts. This takes 20 to 30 minutes.
- 5 **Record the video script** using your phone. Edit in CapCut. Add captions. Export. This takes 15 to 20 minutes once you are comfortable with the process.

6

Schedule and publish. Post across your platforms. Every post ends with your comment CTA. DM the landing page link to every commenter.

THE HONEST TRUTH

Most creators still do this the hard way.

They sit down every single day and try to come up with something new. They spend two hours writing a post, post it once, and then start the whole cycle again tomorrow. They are working harder than they need to.

The creators building real audiences in 2026 are not creating more. They are distributing smarter. They write one thing, multiply it with AI, and show up on five platforms without burning out.

The prompts in this guide are not magic. They are a starting point. The more you use them, the faster you get — and the better you will get at editing the output to sound exactly like you. That is when the system truly starts to work for you.

WHAT TO DO NEXT

Take one action before you close this guide.

Open Claude or ChatGPT right now. Find a post you already published in the last two weeks. Copy it. Paste it into Prompt 1. Generate the carousel version. That is it. One action. Five minutes. You will immediately see how the system works.

- 1** Pick your best post from the last 2 weeks. The one that got the most comments, saves, or shares. That is your first pillar post to multiply.
- 2** Run it through all 5 prompts in this guide. Save each output in a Google Doc or Notion page so you have all 5 pieces in one place.
- 3** Publish one piece per day this week. Day 1: text post. Day 2: carousel. Day 3: Reel. Day 4: email. Day 5: X thread or LinkedIn. One post. Five days of content. Done.

Want more AI prompts, content systems, and free tools?

Follow @temifeeds for daily tips — and comment below on any post

CONTENT

Comment CONTENT and I will send you the next free resource in the series.

@temifeeds

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